Happy Birthday, 401

metroNEWS

Toronto metro

MONDAY, AUGUST 22, 2016

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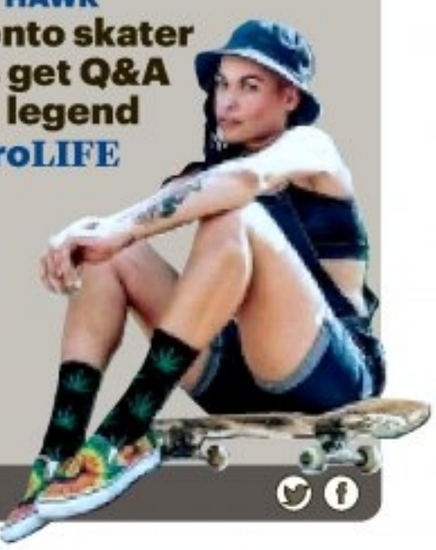
metroLIFE



Team Canada's flag-bearer Penny Oleksiak enters Maracanã Stadium during the closing ceremony of the 2016 Olympic summer games in Rio de Janeiro.
TORSTAR NEWS SERVICE

WORLD CLASS

HOMETOWN HERO

T.O. welcoming Penny home with pride

Chris Bateman
For Metro | Toronto

When 16-year-old Penny Oleksiak left for Rio de Janeiro earlier this summer, she was a Grade 10 student at Monarch Park Collegiate near Danforth and Coxwell.

She will return later this week a four-time Olympic medallist, a closing ceremony flag-bearer, and a household name in Canada.

To celebrate her achievements and those of her fellow east-end athletes, the Beach Village BIA is targeting a homecoming parade and party for Aug. 28.

"We're very happy for all our east end athletes and we're super, super proud of (Oleksiak) because she grew up in the Beach," said Johanna Carlo, a local chiropractor and Beach Village BIA board member.

"If these guys grew up in a small town like Cobourg, those guys would for sure close the streets down and have a celebration," she said.

"We really operate in the east end like a small town within a big city. So we really wanted to show our athletes that we support them, we love them, and we're so proud of them."

Other Beach-area athletes the BIA hopes to honour at the parade, which is still awaiting a permit, include bronze medal sprinter Aaron Brown, swimmer Javier Acevedo, beach volleyballer Kristina Valjas, beach volleyball coach Steve Anderson, and several canoers and kayakers from Kew Beach.

For Oleksiak, the parade will be the first indication of how her life has changed.

Since scooping gold in the women's 100m freestyle, silver in the 100m butterfly, and bronze medals in the 4x100m and 4x200m freestyle relays, the young swimmer has become the face of Canadian Olympic success.

On Sunday, Canada Olympic chef de mission Curt Harnett officially announced Oleksiak as the country's flag bearer for last night's closing ceremony.

"All of a sudden she's a superstar, overnight. For any 16-year-old that would be a big adjustment," said James Knox, 65, who watched the ceremony with a few dozen locals in the Stone Lion pub near Queen and Woodbine.

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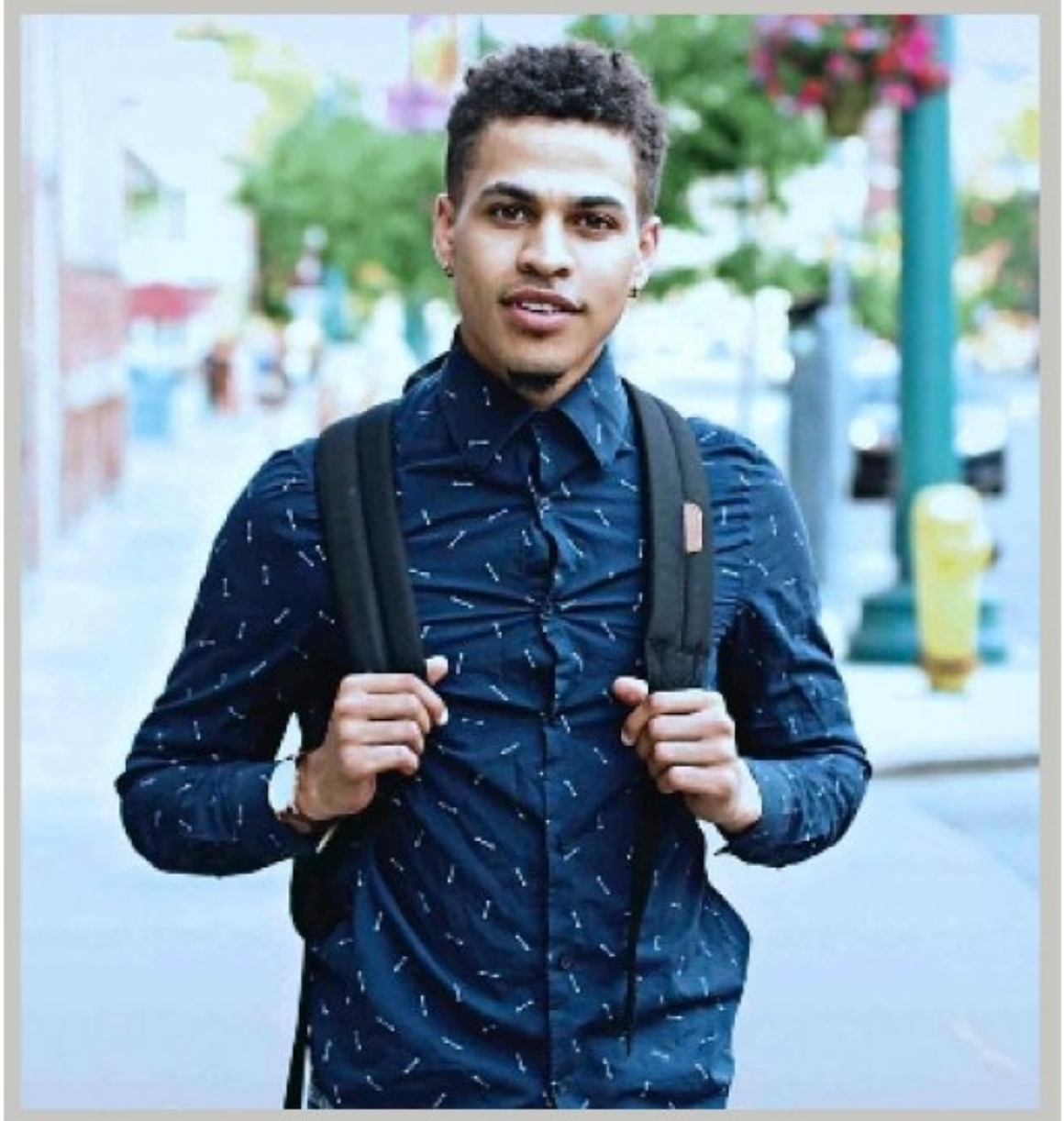
metro NEWS

Your essential daily news

Mass flooding in Deep South puts a damper on U.S. rice harvest. **Business**

Humans of Toronto by K. Omar



I finished school in 2014, and I found a job almost instantly, which was pretty awesome. But I have friends that are still struggling to find jobs, finding something right away was crazy. So I was proud of that and starting from scratch, moving from Niagara and living my life here.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Mexican restaurant La Carnita has dissembled its patio on John Street in response to public complaints. ZARA GAUDIO FRY/FACEBOOK

Illicit patio removed

PUBLIC SPACE

Outcry 'not worth the headache': La Carnita owner

Luke Simcoe
Metro | Toronto

A controversial patio in downtown Toronto may be gone, but its saga isn't over.

In response to outcry from both city officials and the broader public, Mexican restaurant La Carnita has taken down its fenced-in patio on John Street.

The patio had been operating on a plaza at 106 John St. all summer, but was only taken down after the media — including Metro — reported it was located on what was supposed to be public space.

Known as a privately-owned publicly-accessible space, or POPS, the plaza was set aside for public use as part of a deal to build an adjacent condo tower in 2010.

"I'm thrilled it's been removed," said Andrea Frisina, who lives in the condo and recently staged a sit-in to protest the patio.

"Children are wandering around and people are sitting on the blocks. It's nice to see it being used the way it was supposed to be used."

Coun. Joe Cressy said his office learned of the patio in April, and asked for it to be taken down. La Carnita's owner, Andrew Richmond, denied receiving a notice from the city and insisted he obtained the necessary permits.

"The key point is that permission was not sought or granted by City Planning prior to the installation of the fence and private patio," Cressy said.

La Carnita eventually relented and took down the patio late last week. "It was starting to become such a big thing and it wasn't worth the headache," Richmond said. "We just want to work with the city and figure this out. We're not looking for trouble."

> It's nice to see it being used the way it was supposed to be used.
> Andrea Frisina

The restauranteur has presented the city with three options to make the patio work while still keeping the plaza publicly accessible.

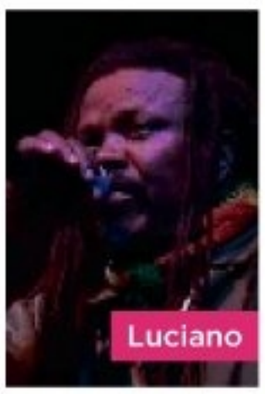
He's willing to "shrink" the patio, but said city bylaws still require a fence to serve alcohol outside.

If the patio does return, Cressy said it "would have to be very modest and sensitively located so that everyone feels welcome in the space, regardless of purchase."

Frisina said she's open to having a few tables and chairs in the plaza, but doesn't want La Carnita to fence the area in again.

"If they want to use it for their own private dining patio … I'll be fighting some more," she said.

$6 AFTER 5PM



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5 FACTS FOR THE 401'S BIG BIRTHDAY

Chris Bateman
For Metro | Toronto

Sixty years ago this week, the local section of Highway 401 opened to bring an end to Toronto's post-war traffic problems. Since the utopia failed to materialize, it's good to look back at the 401's early ambitions.

JUSTIN COZART/CC BY-SA 2.0

1 The 401 was supposed to be a Toronto bypass

In 1950, prior to construction of the 401 and Gardiner Expressway, all east-west motor traffic in Southern Ontario had to pass through downtown Toronto using regular city streets. The 401 — originally billed as a "bypass" — was built in conjunction with Highway 400 to divert traffic over top of Toronto through what was then mostly fields and new housing subdivisions.

CITY OF TORONTO ARCHIVES

2 Construction went awry

Building all these highway bridges, overpasses and underpasses at the same time was a significant engineering challenge. Hurricane Hazel heavily damaged the unfinished bridge over the Humber River and the bridge at the Don River had to be redesigned when soil conditions proved challenging.

3 The interchanges were amazing

TORSTAR NEWS SERVICE FILE

Most motorists in Toronto had never experienced a highway interchange until the 401 opened. The gigantic cloverleaf at the intersection of the 400 and 401 — nicknamed the "Crossroads of Canada" — was the most complex ever built in Ontario. The province thought the interchanges so complex it made charts available to schools "with a view to educating drivers-to-be."

4 The road was to be lined with trees, flowers

The province agreed to replace every tree it chopped down for construction, creating a giant avenue of maples, pines and Douglas firs. The province also considered planting rose bushes to slow motorists and act as snow fences in winter.

CITY OF TORONTO ARCHIVES

5 It was never a driver's paradise

No sooner had it opened were drivers complaining of traffic tie-ups. Thousands of people living in the vicinity of the highway used the 401 for local trips, slowing down those using the road for its intended purpose: bypassing Toronto. The road, which was designed more than a decade before it opened, was already a target for expansion to six lanes in 1956. Sixty years later, the Toronto portion of the 401 is the busiest section of highway in the world.

ROADS

Police probe video of taxi ramming cyclist

Toronto police are investigating after video of a crash between a taxi cab and a food-courier cyclist was shared online.

Last Thursday, officers arrived on scene after receiving multiple calls of a cab driver who had seemingly swerved to hit a bike courier on Bay Street near Charles Street.

In the video, the cyclist is seen pushing the passenger window of the Ambassador taxicab before the collision. The impact sends him tumbling onto the sidewalk.

"You're going to jail. That is assault," the cyclist is seen saying to a man afterward.

A video showing a taxi running a cyclist off the road on Bay Street. @BRAMMEZAN/TWITTER

Police confirmed Sunday that there were no injuries.

Several witnesses are seen in the video yelling at a man they regard as the taxi driver, saying he had been harassing the cyclist for two blocks.

The video was shared on social media and viewed over 100,000 times as of Sunday.

Favour Delivery, the courier's employer, said they were "extremely concerned."

"The safety of our runners is a top priority," said spokesperson Tina Heileman.

No charges have been laid.

TORSTAR NEWS SERVICE

Toronto's transportation manager Stephen Buckley stepped down this summer. Cycling and pedestrian advocates say his departure gives Toronto an opportunity to hire someone who can bring something new to transportation planning. TORSTAR NEWS SERVICE FILE

'Transformative' for transportation

DEVELOPMENT

Advocates want new chief to put infrastructure into overdrive

May Warren
Metro | Toronto

Wanted: a transportation chief for a city of 2.8 million pedestrians, cyclists and drivers.

Toronto is officially on the lookout for its next general manager of transportation. Stephen Buckley, who held the post since 2012, stepped down in July.

Maureen Coyle, a member of the pedestrian group Walk Toronto, believes whoever fills Buckley's shoes will be arriving at a pivotal time.

"That role will either be hamstrung to the point where they can't do anything, or it has the potential to be transformative," she said. "And what we need right now is the transformative."

With cycling and walking on the rise, billions of dollars in public transit projects en route to the city and a proposal on the table to redesign King Street, Coyle said it's time to hire someone who breaks from the traditional "car-centric" view of transportation.

She pointed to cities like New York and Los Angeles, where transportation czars have made bold — and at times controversial — moves to transform streets into pedestrian and cyclist-friendly corridors.

Toronto needs "somebody who is not steeped in the tradition of a single mode of transportation, and that's what we've had," Coyle said.

Yvonne Bambrick, author of The Urban Cycling Survival Guide, said she'd like to see a transportation manager who understands "the value of the bicycle."

> **That role ... has the potential to be transformative.**
> Maureen Coyle

"We've got a great team within the cycling branch of transportation, but cycling-related city infrastructure has to be incorporated into all aspects of planning and development at the city," she said.

Thevishka Kanishkan of Cycle Toronto, said Buckley's replacement will "set the tone" for the city's transportation future.

"Their leadership could really help get more people out of their cars and to make cycling and walking more attractive alternatives to driving, which is actually a requirement of the city's official plan from 2010," she said.

Cycling and pedestrian advocates say Toronto needs to hire a transportation chief that can see beyond "car-centric" planning. TORSTAR NEWS SERVICE

DERAILMENT

Councillor calls for better rail safety after two trains collide

Human error is being blamed for a freight train derailment in the heart of Toronto Sunday morning that had crews scrambling to contain a diesel fuel leak.

The derailment happened after a locomotive train struck the tail of another train at about 5:20 a.m. near Dupont and Bathurst Sts., Canadian Pacific Railway spokesperson Martin Cej told the Star.

No one was injured in the collision and subsequent derailment and the diesel fuel leak, which Toronto police said had not been a threat to public safety, was quickly contained. Cej confirmed there were no hazardous goods aboard either train.

But a Toronto city councillor Josh Matlow raised new concerns Sunday about freight trains running through densely populated neighbourhoods.

$143M

The 2016 federal budget allocated $143 million to be used over three years to improve rail safety.

People watch workers Sunday at the site of a derailed CN engine near Bridgeman and Howland Avenues., east of Bathurst and Dupont. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

"While it was incredibly fortunate no one was hurt today, this derailment should act as a wake-up call for the federal government to move swiftly on rail safety," he said.

This spring, Mayor John Tory, Matlow and 16 other councillors whose wards are nestled by rail lines, signed a letter sent to Marc Garneau, the federal Transport Minister, calling for better rail safety.

Cej said "early indications" point to human error as the cause of Sunday's collision and derailment and that equipment failure was not a factor.

Bartlett Ave., north of Dupont, was closed while police and rail officials investigated the incident.

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ENVIRONMENT

Plan diverts 86% of trash from landfills — but it could be more

Clockwise from left: "We all leave footprints, makes yours green" is on all the T-shirts of crews that pick up Waste, Blue Bin and Organics in the Food Building; CNE GM Virginia Ludy; a CNE attendee takes a bite out of a Bug Dog, a $6 hot dog covered with mayonnaise and crickets. STEVE RUSSELL/TORSTAR NEWS SERVICE

Even the "greenest" fair in North America couldn't avoid throwing out an estimated 300,000 kilograms of waste on its first weekend, according to the facility's services co-ordinator.

Brian Dow said over 18 days, from Aug. 19 to Sept. 5, the Canadian National Exhibition collects about 1.8 million kilograms of waste. The CNE also boasts an "extremely aggressive" waste-diversion program designed to offset the fair's environmental impact, said general manager Virginia Ludy.

And though CNE staff says they've diverted about 86 per cent of waste from landfills in the last decade, they're still looking for ways to improve.

"There's still 14 per cent to get better at and hopefully at some point in time, we'll get to a complete 100 per cent diversion," Ludy said.

Food waste is especially focused upon, with at least 111 vendors in the food building this year, 26 food trucks scheduled to arrive next weekend and about 1.6 million visitors — most of them hungry — to the fair.

By the end of each night, donating leftover food that's already been prepared poses health risks, so vendors try to make only as much food as they need, Ludy said.

"This is a huge issue that's kind of coming up I think in the food industry, because when you look at how much waste comes out of restaurants, it's quite significant," said Ludy.

"Can we, at the end of the day, have food that's spread across a 195-acre site, bring it to one area where you can ensure the temperature's controlled and you're maintaining it in a healthy environment? (That's) difficult to do."

Ludy said the CNE encourages vendors to donate dried goods or unopened items to food banks at the end of the fair.

Lori Nikkel, the director of programs and partnerships for Second Harvest, said they'd be willing to pick up leftovers. Second Harvest partners with 220 social service agencies to redirect perishable food into the community within 24-48 hours.

> **The public doesn't make it easy for us.**
> Sammy Feltmate, lead cleaning supervisor

Rather than composting perishable food at the end of the night, Nikkel suggested CNE reach out to her group.

"(Composting) should be your last stop," Nikkel said. "It's a value chain. If you look at the value chain for food, it's people first, then animals, then compost, then waste."

Dow said the CNE has about 25 categories of waste to keep track of, from organics to sand, cement, manure, cardboard, batteries and more. Yet they're still trying to educate the public on one of the most basic concepts — composting.

"The public doesn't make it easy for us," said Sammy Feltmate, the lead cleaning supervisor in the food building and one of about 600 housekeeping staff contracted for the CNE's tenure. (Fifty staff, including Feltmate, work at Exhibition Place year-round.)

They eyeball each clear bag of waste to determine how much of it is actually organic and can be thrown in the compost bin. If there's more than 10 per cent garbage in the bag, it has to be thrown in the trash, Feltmate said.

He can barely pause to talk as cleaners roll bins of waste into the disposal room, minutes apart.

"This is like a highway, eh? You guys have got to give each other space," he explained to the crew.

Most of them are young students and for some, it's their first job — trying to help the environment amid the raucous, sweaty bustle of the CNE.

"This is the hardest job for the whole CNE. I don't know if you've seen, but all of the other jobs, sure it's busy, it's hard — but nothing like this. This has the most volume," said Feltmate.

Arguably the wildest ride of the CNE is happening in the garbage room. TORSTAR NEWS SERVICE

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KING WEST

Motorcyclist dies after being shot

A male motorcyclist found with gunshot wounds was pronounced dead by paramedics Sunday afternoon in a condo parking lot in the King West area.

Paramedics said they responded to a call at 12:30 p.m. at 954 King St. W.

Early reports to police suggest that the victim was involved in a motorcycle collision, said Const. Victor Kwong. Police have since said it is crime related and are investigating.

Residents say there are no cameras in the condo's parking lot.

Bill Nemesi, who lives nearby, said he heard the shots fired but wasn't sure what it was at first.

"I can't believe this would happen around here. A lot of kids are here, that's my concern," said Nemesi.

Candace Cryne and Capril Suri, who live together in the building, were out walking their dog when the incident occurred.

"It's weird, this is a pretty safe neighbourhood," said Cryne. "I'm glad we had (the dog) with us."

Residents were not allowed back in the building as police continued to investigate.

The circumstances surrounding the cause of the incident were still unclear.

TORSTAR NEWS SERVICE

> **A lot of kids are here, that's my concern.**
> Bill Nemesi

IN COURT

Swim coach pleads guilty to exploiting teen girl

Ajax swimming coach Matthew Bell has pleaded guilty to sexually exploiting a teenage girl he met through the sport.

Bell, 35, entered the plea on Aug. 19 in Oshawa, admitting he'd had sexual contact and exchanged thousands of sexually charged texts with the girl in 2010 and 2011, when she was 16 and he was 30. Court heard that Bell's relationship with the girl turned sexual in late 2010, when he began asking her to stay after practice.

Bell pleaded guilty to two of the six charges he faced. A sentencing hearing will occur this fall.

TORSTAR NEWS SERVICE

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Hip rock the nation

KINGSTON

Band's last show over but fans hope for Downie's return

Kristen Lipscombe
Metro | Halifax

The grey skies above Kingston seemed to weep Sunday morning.

Following a bright and sunny day that brought tens of thousands into the small city's core to celebrate The Tragically Hip, strong winds and curtains of rain blew through the band's hometown, leaving downtown streets empty in the wake of the previous night's historic Canadian concert.

A trio of Kingston natives, who came back to town after scoring tickets to the show at the K-Rock Centre, commented on the post-concert emptiness in Springer Market Square.

Just the night before, more than 25,000 had gathered to take in the final show of the Man Machine Poem Tour, live on the big screen.

"There's nobody around," Steve Mitchell, who came home from Vancouver to see the show, along with sister Julia Boileau and childhood friend Gord Sinclair (yes, that's his name "for real" and no, he's not the guy in the band).

Mitchell admitted to staying up a little too late Saturday to mark the rockin' festivities.

"This was a different performance; it's kind of like he was saving it for this," said Mitchell, who attended the Vancouver show.

Gord Downie sang his heart out and bared his soul not just in Kingston but in cities nationwide on an emotional tour following his announcement of being diagnosed with terminal brain cancer.

"They're all so courageous; it's amazing," Boileau said. "I think he's done wonders for the cause."

Downie, bassist Gord Sinclair (the one in the band), guitarists Paul Langlois and Rob Baker, and drummer Johnny Fay, have long contributed to the Kingston community, and Canadian culture as a whole.

Most recently, the band has established the Gord Downie Fund for Brain Cancer Research at Sunnybrook Hospital in Toronto, where he's being treated.

"They do a lot of work in the area," Sinclair said. "They're a great hometown band; it's sad to see it end."

But Mitchell doesn't think it's all over.

"The guy looks pretty fit; he's going to be around for awhile," he said.

"I don't think that's the end of it."

People who couldn't get a ticket to the concert gathered in Springer Market Square in downtown Kingston Saturday night. One third of all Canadians tuned in to the show on CBC (TV, online and radio): That's 11.7 million people. THE CANADIAN PRESS

FANS REACT

"Knowing what (Gord Downie) was going through, he was definitely struggling, but he put on a hell of a show."

Owen Barr, 18

"It was certainly a national celebration The entire thing was really moving."

Ashley King, 24

"It felt like being a part of history. Something that has meant so much to Kingston. Sad, but kind of beautiful and intimate at the same time."

William Wellman

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Where the water is 'freedom'

INCLUSION

Surfers with disabilities hit the waves at N.S. beach

Surfers of all abilities hit the water at a Nova Scotia beach this weekend for They Will Surf Again, an event that allows people with disabilities to enjoy the freedom of riding the waves.

More than 40 people with disabilities, including 14 recent immigrants from Syria and Iraq, signed up for the event at Martinique Beach near Halifax on Saturday. Organizers say it is the only Canadian stop for Life Rolls On, which sets up similar events in cities across the continent.

Jesse Billauer, who founded the U.S.-based organization after a surfing accident rendered him quadriplegic around 20 years ago, flew in from California to support the roughly 115 volunteers assisting with the event.

"It makes you feel weightless ... A lot of people in wheelchairs don't get that sensation," Billauer says. "By being able to get out into the ocean, (they) have that freedom and independence they might have lost."

Justin Burdon, who is dependent on a wheelchair, reacts while surfing in the Atlantic Ocean for the first time in 12 years during a surf event for people with disabilities at Martinique Beach Provincial Park in Musquodoboit Harbour on Saturday. DARREN CALABRESE/THE CANADIAN PRESS

Justin Burdon, who has a brain injury, experienced the ocean for the first time in 12 years as he rolled along the waves with a full-faced grin, his surfboarded guided by a group of volunteers.

His mother, Elizabeth Burdon, says "his smile says it all." She says it's usually hard for individuals with disabilities to get to the beach.

"When you're restricted physically in your body ... I think being able to move along effortlessly on a surfboard in the water must just seem like freedom," she says. "(You're) on par with everybody else."

Mohammed Ibrahim, a Syrian refugee with an amputated leg, catches a wave. THE CANADIAN PRESS

Ali Allawi, who came to Halifax from Iraq two years ago, swam behind his sons Hussein and Ayoob, both of whom have disabilities, as they surfed for the first time.

"When I see all the people with disabilities, not just for my sons ... enjoy (themselves), I am happy," Allawi says. "We're very happy in Canada."

THE CANADIAN PRESS

INDIGENOUS RIGHTS

'60s Scoop victims go to court

Thousands of aboriginals who argue the federal government robbed them of their cultural identities finally get their day in court this week but will have to wait months for Canada to make their case in the unprecedented class action Ottawa has fought every step of the way.

The plaintiffs and supporters from all over Ontario are expected to rally at the courthouse on Tuesday as their lawyers press for summary judgment in the legal battle started in February 2009.

The lawsuit turns on a federal-provincial arrangement — now dubbed the '60s Scoop — in which Ontario child welfare services placed as many as 16,000 aboriginal children with non-native families from 1965 to 1984.

Their unproven claim alleges the children suffered a devastating loss of cultural identity that Canada negligently failed to protect. The children, the suit states, suffered emotional, psychological and spiritual harm from the lost connection to their heritage. They want $1.3 billion in damages — $85,000 for each affected person. THE CANADIAN PRESS

POLITICS

Philpott aims to shed expense controversy at cabinet retreat

Prime Minister Justin Trudeau and his cabinet went back to school Sunday with one minister — Jane Philpott — trying to shed her newfound reputation as a problem pupil.

The health minister used the start of a two-day cabinet retreat at Laurentian University to apologize in person for repeatedly using a pricey luxury car service owned by a man who volunteered on her election campaign last fall.

Casting the controversy as a learning experience for all ministers, Philpott repeated her vow, made in a written statement last week, to reimburse at least $3,700.

Health Minister Jane Philpott THE CANADIAN PRESS

"I'm happy now to say in person, in front of all of you, that I apologize for what took place," Philpott told reporters on her way into the retreat, her first public appearance since the controversy broke last week.

"The costs were too high. Those costs were inappropriate and I apologize for that."

Philpott called the controversy "a mistake" and insisted she never deliberately intended "to do anything that was wrong."

Still, she admitted that she could have been more clear when she told Parliament, in a written response to an opposition question placed on the House of Commons order paper, that she'd never used a limousine service.

THE CANADIAN PRESS

Liberals eyeing exceptions to Tories' mandatory minimums

The Liberal government is studying the idea of building some wiggle room into the controversial convention of mandatory minimum sentences to avoid unduly harsh penalties in cases that don't warrant them.

The examination is part of a federal review of changes to the criminal justice system and sentencing reforms ushered in by the previous Conservative government, a frequent champion of setting minimum penalties for crimes involving drugs, guns and sexual exploitation.

A report prepared for the Justice Department says "a politically viable strategy" is to craft exemptions to mandatory minimums that kick in when certain criteria are met.

For instance, relief could be granted in the case of a juvenile offender, an early guilty plea or when an accused provides substantial help to the state, says the report by criminologist Yvon Dandurand of the University of the Fraser Valley.

"The main argument in favour of creating exceptions ... remains the need to avoid unjust and arbitrary punishment," says the report.

THE CANADIAN PRESS

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Child bombs wedding party

TURKEY

More than 50 people killed in Daesh suicide attack

A child suicide bomber killed at least 51 people and wounded nearly 70 others at a Kurdish wedding party near Turkey's border with Syria, President Recep Tayyip Erdogan said Sunday, decrying the attack as an apparent attempt by Daesh extremists to destabilize the nation by exploiting ethnic and religious tensions.

"As of now, the preliminary conclusions by our governor's office and the police establishment point to an attack by Daesh," Erdogan said.

"It was clear that Daesh had such an organization in Gaziantep or was attempting to make room for itself in recent times," he said.

The bombing late Saturday in Gaziantep was the deadliest attack in Turkey this year.

It comes amid ongoing struggles between the government and Kurdish militants linked to the outlawed Kurdistan Workers' Party, known as the PKK, and as the country is still reeling from the aftermath of last month's failed coup attempt, which the government has blamed on U.S.-based Muslim cleric Fethullah Gulen and his followers.

Erdogan said immediately after the Gaziantep attack, which he blamed on Daesh, that any strategy "meant to incite the citizens against each other along ethnic and religious lines will not work."

Later, addressing the nation before Istanbul's city hall, Erdogan said the attacker in Gaziantep was aged between 12 and 14. He said 69 people were wounded, with 17 of them in critical condition.

The pro-Kurdish political party HDP condemned the attack on the wedding, which it said was attended by many of its party members.

It said in a statement that it was "quite significant" that the attack, which it also blamed on Daesh, came hours after the Kurdistan Communities Union, a militant organization that includes the PKK, announced plans to try to negotiate to end a three-decade conflict between Kurdish militants and the Turkish government.

The bride and groom weren't in life-threatening condition and were undergoing treatment, but the groom's sister and uncle were among the dead, Anadolu reported. THE ASSOCIATED PRESS

People mourn for victims of a weekend attack on a wedding party that left at least 51 dead in Gaziantep in southeastern Turkey near the Syrian border. AFP/GETTY IMAGES

> **Any strategy meant to incite the citizens against each other will not work.**
> Recep Tayyip Erdogan

CALIFORNIA

Evacuees returning to homes

More mandatory evacuation orders were lifted Sunday for residents affected by a massive California wildfire that drove thousands from their homes.

Nearly all 82,000 people ordered to leave their properties Tuesday when the fire broke out 60 miles east of Los Angeles have now been permitted to return.

Most of those residents are returning to find their homes intact, though not all. A preliminary damage assessment found 105 homes and 216 outbuildings destroyed across the rural, mountainous terrain where large swaths of open terrain have been turned black. THE ASSOCIATED PRESS

A firefighter and dog search the ruins. THE ASSOCIATED PRESS

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U.S. ELECTION

Trump seeking black vote

Republican presidential nominee Donald Trump said his party must do a better job appealing to African-American voters and that he wants the GOP to become their political home as it was in the era of Abraham Lincoln.

"I fully recognize that outreach to the African-American community is an area where the Republican Party must do better, and will do better," Trump said during a rally in Fredericksburg, located between Richmond and Washington in the critical battleground state of Virginia.

In spite of past fiery rhetoric that alienated many minority voters, Trump said that he wants "an inclusive party." He noted that the "GOP is the party of Abraham Lincoln" and said, "I want our party to be a home of the African-American voter once again."

Trump has been working in recent days to boost his appeal among African-American voters - declaring Friday that he could win 95 per cent of the black vote at the end of his first term in office, if he is elected. THE ASSOCIATED PRESS

Ali Daqneesh, 10, the brother of Omran, who gained international attention, has succumbed to his injuries. RAF SANCHEZ/TWITTER

MIDDLE EAST

Brother of wounded Syrian boy has died

The brother of a wounded Syrian boy who gained international attention has died three days after suffering serious injuries in an air raid on the northern Syrian city of Aleppo, opposition activists said Sunday.

The Britain-based Syrian Observatory for Human Rights and Aleppo-based activist Baraa al-Halaby said that Ali Daqneesh, 10, died on Saturday from wounds sustained in the same airstrike on a rebel-held neighbourhood in Aleppo.

Syrian activists released haunting footage showing Ali's brother Omran Daqneesh, 5, rescued from a partially destroyed building in the aftermath of the airstrike late Wednesday. Omran was treated and later discharged.

The Halab Today opposition TV station posted a photo of Ali in a hospital with a tube coming out of his mouth, saying he later died from his wounds.

Omran was rescued along with his three siblings and his parents from the rubble of their partially destroyed apartment building, according to photojournalist Mahmoud Raslan, who took the memorable photo. The building collapsed about an hour after the family was rescued.

On Sunday, Raslan said Ali was wounded by a collapsing wall.

Activists reported fresh air raids on Aleppo and its suburbs on Sunday, inflicting casualties. THE ASSOCIATED PRESS

Emmanuel Guardado owns the QueChivo Salvadoran food truck in Calgary, Alta. JEFF MCINTOSH/THE CANADIAN PRESS

Food truck boom grows

ENTREPRENEURSHIP

Industry still trying to find its place

Emmanuel Guardado had always dreamed of starting his own food business, but it was only when he lost his job in the oil-and-gas industry that he decided to dive in.

"I got laid off from my job and figured, what better time to do a food truck?" he said.

Seeing almost no food options in Calgary from his native El Salvador, Guardado set his theme around the street foods of his homeland, including the stuffed tortillas know as pupusas.

Hitting the road in April, Guardado has now joined the ranks of food truck owners lured by the flexibility and relatively low start-up costs as the industry shifts from buzzy upstart to an established category in the Canadian food landscape.

In Calgary alone, 76 permits for food trucks have been issued this year, up from 47 a couple years ago — and the highest number since the city started offering them in 2011.

But Guardado says there's still room for more.

Toronto has also seen a bump in food truck permits after the city shrunk the required buffer between trucks and restaurants from 50 metres to 30 metres, now more in line with Calgary's 25-metre spacing.

"Last year really was a massive victory for us," said Zane Caplansky, owner of Caplansky's deli and a Toronto food truck pioneer who's been up and running since 2011.

With regulations that Caplansky says were "archaic and repressive" now gone, on-street permits have gone from 16 in 2014 to 56 this year.

But with parking spaces for big trucks still a problem, and crowds unreliable, Caplansky says it's still a challenge to operate on the streets of Toronto.

"It's a tough business," he said. "You can do very well, or you can lose a lot of money very quickly."

Many truck owners, Caplansky says, are skipping the street permits and sticking to private events like weddings and food truck festivals where the customers are guaranteed.

> **There's definitely great growth potential.**
> Emmanuel Guardado

The fact that the number of food trucks aren't skyrocketing despite the loosening regulations has helped ease tensions with the restaurant industry, which has fought to keep buffers in place to respect the property taxes and investments restaurants have made.

"It's largely settled down," said Mark von Schellwitz, vice president of Western Canada at Restaurants Canada. "Generally the two are co-existing quite well."

Despite the competition, some new entrants are finding plenty of room for growth.

"It's going really well," said Rotem Tal, who co-founded Vancouver's The Chickpea Truck earlier this year.

"We've moved from a small kitchen that we rented out, to our own kitchen; from working a few times a week at our downtown spot, to hiring employees and doing a bunch of events in the morning and evening."

THE CANADIAN PRESS

LOUISIANA

Flooding puts a damper on rice harvest

Heavy rain that brought record flooding to Louisiana recently has put a damper on the U.S.'s harvest of rice, a food staple that usually likes water as it grows but can't be gathered by machine if fields are inundated.

While rice is an aquatic plant, this is the time of year when farmers drain their land and roll in heavy equipment for the harvest. Some fields remain unreachable in parts of Arkansas and Louisiana.

> **It's premature to make a strong assessment of what it all means.**
> Eric Wailes

"I've heard from a lot of the farmers the water level has been higher than a lot of the past hurricanes," said Dustin Harrell, a rice agronomist at the LSU Agriculture Research Center near Rayne, Louisiana. Two feet of rain fell in parts of the state.

The 2016 crop was expected to be 26 per cent larger than 2015's, according to Eric Wailes, an agricultural economist at the University of Arkansas. Losing part of this year's crop shouldn't trigger price increases for rice used for food, or for anything uses rice as an ingredient, he said.

"Having a much larger crop swamps this event," Wailes said. "It's premature to make a strong assessment of what it all means."

If anything, he said, an 8 per cent bump in rice futures prices over the past week would offset some losses if a farmer cannot move his entire crop to market.

"The biggest losers are the farmers who are actually inundated," Wailes said. "The crop that was harvested is now more valuable." THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, August 22, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

At work, I took a nice water bottle from the pantry. I thought someone must have forgotten it. Later a colleague came by looking for it. If I give it back now, he'll surely think of me as a thief. What should I do?

Dear Ellen,

I know I have done something wrong. In the pantry at work, I saw a nice water bottle and thought that someone must have forgotten it there. I really liked it and kept it in my bag. Then, about two minutes later, a colleague came by, dumbstruck that his water bottle had disappeared. I thought if I told him I took it, I would come in his bad books of stealing. He looked around and asked people for about 20 minutes before giving up. I genuinely thought that the bottle was left there and no one wanted it. Now I feel really bad but don't know what to do. If I give the bottle back now, he will surely think of me as a thief. Right?

Thanks, Anonymous

Dear Anonymous,

This is a classic error, one that many of us have made. Caught in an innocent but embarrassing faux pas, we choose to lie our way out of it — either by commission (vigorous denials) or omission (playing dumb).

A person with no conscience would leave it there, privately regret the error, quietly dispose of the water bottle, and move on.

A person with an evil side might even take advantage of the situation and take it further — framing a workplace nemesis by planting the "stolen" water bottle on their desk or in their locker, then pointing the aggrieved colleague toward the evidence and sitting back to watch the fur fly.

But you, Anonymous, are clearly a person of firm morals and exquisite conscience — perhaps not quite as guilt-ridden as the murderer Raskolnikov in Crime and Punishment, but clearly suffering greatly for your inadvertent crime.

The most obvious solution is to come clean and return the water bottle along with a copy of the letter you sent me, above. Hopefully, your colleague will have a sense of humour about the whole zany situation and you can both have a good laugh about it!

Then again, he could accuse you of being a common thief, report you to HR for stealing and persuade everyone in your workplace to ostracize you from now on. That would be unpleasant, and I wouldn't blame you for considering other options.

I would caution you against any sitcom solutions. For example, if you FedEx the water bottle to your outraged colleague, with an anonymous note claiming to be a reformed kleptomaniac courier, sitcom logic would inevitably require your colleague to contact FedEx, make them narrow down the list of suspects, and get an actual, innocent courier fired — which would make you feel even worse.

My advice is to discreetly return the water bottle to the pantry. Stuff it into a cupboard or toward the back of the fridge, but make sure it will eventually be found.

Your colleague will soon have his precious water bottle back and, hopefully, conclude it was an innocent office mix-up, which, basically, it was.

No harm, no foul. And next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

It's time to get behind International Safe Abortion Day

Among the confounding aspects of anti-abortion laws is the fact that they have a negligible impact on actual abortion rates.

Internationally, the rate of abortion in countries with highly restrictive laws is about 37 for every 1,000 women of childbearing age — compared to 34 for every 1,000 in countries with higher access, according to the Guttmacher Institute.

In essence: Many women who want or feel they need to terminate a pregnancy will find a way, no matter the risk (abortions cause an estimated 15 per cent of maternal deaths). That makes anti-abortion laws a colossal policy failure, as well as dangerous.

And yet, thanks to the iron grip of those religiously or ideologically opposed to them, abortions remain taboo on the world stage.

This September, hundreds of organizations from 73 countries are pushing for the United Nations General Assembly to designate Sept. 28 as International Safe Abortion Day, something already celebrated, but without such official backing.

The move would be largely symbolic — a chance to draw awareness and donors. An opportunity for countries like Canada to apply diplomatic pressure to nations like Paraguay, which last year refused a 10-year-old rape victim an abortion.

A day wouldn't force any country to change its law. It wouldn't give women better access to safe abortions (at least, not directly).

And yet, Marge Berer of the International Campaign for Women's Right to Safe Abortion has little hope the measure will succeed. The political influence of nations — mainly in Latin America, Africa and Asia — that continue to outlaw abortion in all or most cases is almost certain to be a stumbling block, she told me.

"I'm not expecting a fast easy win here, but I do think that if things go right, we will have started a conversation that I hope will take off," Berer said.

The Zika outbreak could fuel that. Latin America — the birthplace of the Sept. 28 day of advocacy — is ground zero for renewed international scrutiny of abortion rights in the wake of the virus, which gravely damages fetuses. Requests for abortions in Brazil, for example, have reportedly doubled.

"We are all very alarmed and I do not want have a sick baby, please," one Peruvian woman begged an online abortion pill provider.

Canada should not count itself among the nations indifferent to this woman's suffering, and millions like her around the globe. We should get behind International Safe Abortion Day.

Listen to Nth Wave, Rosie's podcast on women in media: metronews.ca/podcasts

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metro LIFE

Your essential daily news

Comedian Mike Ward seeks to appeal ruling he must pay artist Jeremy Gabriel $35K for mocking him

Board games

"I feel like the Olympics needed us more than we needed them at this point," Tony Hawk tells Metro, about the inclusion of skateboarding in the Summer Games. COURTESY GEORGE PIMENTAL

INTERVIEW

Tony Hawk's clothing line is going mainstream

Genna Buck
Metro Canada

Tony Hawk isn't just a skateboarding legend, 10-time gold medallist at the X Games and star of one of the most beloved video games of the early 2000s.

He's also a philanthropist who helps fund skate parks around the world, and a father of four, including 23-year-old pro skateboarder Riley Hawk.

And though he's toned down his daredevil ways at 48, Tony Hawk is still doing gravity-defying tricks for a new generation of skaters and fans on social media.

Now his clothing line — which for now is only for men and boys — is headed for the mass market via Walmart.

Metro caught up with Hawk between demos at Yonge-Dundas Square to chat about closing skateboarding's gender gap, and how the Olympics could make the sport truly global.

When you started skateboarding, it was a bit of an underground thing. Is there anything left of that?

I think there are still the hardcore skaters that want to go out and hit the forbidden terrain, and the handrails — the public spaces that they're not supposed to. That element is very much alive in skateboarding. On the other side of that, there's a very real opportunity to make a career out of it. So I don't see the success taking anything away from the heart of skateboarding.

What does the inclusion of skateboarding in the Olympics mean to you?

It's a sense of validation. At the same time, I feel like the Olympics needed us more than we needed them at this point. They needed that cool factor in the Summer Games, and they're going to get it with skateboarding.

Is there anything you see skaters doing now that makes you say, "Wow, that never would have happened in my day"?

I'm delighted by the tricks that are happening, that kids learn early on. Stuff that wasn't even invented when I was their age. Those are considered the basics now. For instance, a kickflip (where a rider flips their board 360 degrees horizontally). Rodney Mullen created it. I think I was 13 at the time. No one else could do it for years. It took me a long time to learn it. Basically, if you start skating (now), people expect you to do it.

Why is your clothing line being sold at Walmart? It's not the punkest retailer that comes to mind.

Our clothing line was originally our own. Quicksilver bought it, and then it was in stores in the U.S. and it kind of remained stagnant there, because Quicksilver was having problems. Cherokee bought it, and our first direction to Cherokee was: We want to make this international. Walmart picked it up, and we're thankful because it's way more affordable and the same quality.

Why is the line only for boys and men?

A girls' collection is a great idea and certainly something we are considering.

What would you say to a girl who's interested in the sport?

It's a new sense of freedom. It's a way to be creative, and I think it's a way to find self-confidence that maybe you can't find in other places.

METRO ASKS ON THEIR BEHALF

Members of Toronto's Babes Brigade — a women's skateboarding group whose name was inspired by Tony Hawk's one-time squad the Bones Brigade — had some questions for one of their heroes.

You have been able to watch the skateboarding scene develop over the years. Where do you see it going in the future in regards to popularity? Will it continue to grow?
-Stephanie Battieste

COURTESY CHRISTELLE GROB

Hawk's answer: I think so, just based on how it's growing internationally. We've seen skate scenes blossoming in Cambodia, Ethiopia, South Africa, in the most unlikely places. Now, with the inclusion in the Olympics, we're going to see that go even further.

COURTESY CHRISTELLE GROB

What do you think about the gap in prize money for skate competitions? For example, when men win $200K and women $30K in the same competition. Do you see that gap closing?
- Chantal Garcia

Hawk's answer: I think it is closing as we speak. I'm not really in charge of any of that, so I'm not going to say I'm going to make these demands on it, but I see the equality shifting in unlikely places, like Afghanistan, like South Africa — the ratio of boys to girls skating is equal. That's not the case in North America. With the Olympics, if you include a sport, it's male and female. So out of the gate, we're going to have equal events.

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A plan for when best-laid plans fail

ADVICE

Dealing with inevitable crap is better than 'to hell with it!'

Gail Vaz-Oxlade
For Metro Canada

Being prepared for that bad mood when stuff goes wrong will usually put you back on the right track and help you avoid irrational anger-fuelled choices. ISTOCK

Have you ever just felt like saying, "To hell with it!"? You've been trying to get your credit card balance paid off, but for the third month in a row life has gotten in the way. The car's transmission gave up the ghost, so now you're swapping the plans you made for a need-to-fix!

If you let the bad mood that comes with plans being sent sliding get the better of you, you're likely to make some awful decisions. Sure, you feel like you'll never get ahead, but saying, "To hell with it!" isn't the answer. So what is? Well, studies show that if you have a back-up for when your best laid plans get derailed, you're far less likely to do yourself serious damage.

One study used an anagram task to put students in a bad mood. Half the participants were told the task was easy and would only take five minutes to complete. It was a trick. Three of the anagrams were unsolvable, putting those participants in a grumpy mood. But other participants were told the truth, so no bad mood. Then all the participants were asked to describe how they would behave in three imaginary scenarios:

- Whether they'd drive an old car with brake problems;
- Whether they'd disclose a secret to a roommate;
- Whether they'd return deliberately damaged shoes to a shop for a refund.

So did those who were ticked go off the deep end? Some of 'em. Over the previous week, half of the same students had been asked to keep a mood diary.

The idea was to stay as positive as possible using an "if/then" mantra, as in "if I get into a bad mood, then I'll watch funny cat videos."

Those who didn't have experience with the if/then model were prepared to take more risk — to hell with it! Those who had a solid back-up plan were inoculated from the self-defeating behaviour.

> If you let that bad mood get the better of you, you're likely to make some awful decisions.

The lesson: If you come up with plans that state "if a certain situation occurs, then I will respond in a pre-specified way," you won't risk doing yourself in with a stupid decision.

The pre-formulated back-up assuages your need to shoot yourself in the foot. Your if/then doesn't even have to be all that concrete. It's more a matter of acknowledging that a downside is possible and that you're prepared to deal with it.

So simply having a plan to breathe deeply when a setback occurs, or to look for ways in which you've successfully dealt with setbacks in the past, is enough to keep you from going off half-cocked.

To think that crap will never happen because you have carefully thought out your plans is crazy! Crap always happens. If you don't have a back-up plan, "To hell with it!" will drive you down the wrong path. Accept that even the best-laid plans can be sent awry by things beyond your control. Have a plan for dealing with a set-back. You're far less likely to dig your misery hole even deeper.

For more money advice, visit Gail's website at gailvazoxlade.com

YOU CAN DO THIS REAL ESTATE AGENT

'No day or hour is alike'

WHY I LIKE MY JOB

Josh Bickle, 30, Real Estate Sales Representative with Keller Williams Energy Real Estate Brokerage in Durham Region.

I've always been on the hunt for rewarding work that helps both people and the community. At first, I had a difficult time finding a role that truly spoke to me. But a little over a year ago, a friend told me about the benefits of working in the real estate industry and I was sold.

Initially, I did some research and spoke with a few real estate brokers who encouraged me to enrol in Real Estate College with Ontario Real Estate Association (OREA). I powered through the first four mandatory courses in as little as four months, and now I'm able to train while working full time as a real estate sales representative with a brokerage in Durham Region.

I'll never forget my first sale. I got to bring my clients directly to the property, observe their reactions as they walked through it, and listen in as they eagerly laid out their plans for each space. Hearing them cheer when I told them their offer was accepted was such a phenomenal feeling!

I think anyone can do well in real estate if they have the passion and drive. If you're committed to putting in the work, your success will come full throttle. No day or hour is alike; every client, property and experience is unique — a quality you'll rarely find in other industries.

THE BASICS: Real Estate Agent

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Data for this feature was provided by payscale.com, servicecanada.gc.ca, realestatelicensehq.ca and onetonline.org.

HOW TO START

Educational and licensing requirements in the real estate sector are determined by provincial regulators. In most cases, courses can be completed at the student's desired pace through a real estate association or council. Upon successful completion of each course, a prospective agent must seek sponsorship from a licensed broker before practising in the field.

WHERE YOU CAN GO

As the nation's population increases, the number of available housing units will likely continue to climb. Younger real estate agents are beginning to replace retirees, and many are finding innovative ways to advertise and sell properties through social media. While most opportunities stem from brokerage firms, alternative career options include office and property management, mortgage banking, urban planning, land development and real estate appraisal.

NEXT CAREER STEP

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metro RIO

Two Mongolian wrestling coaches stripped to protest Ganzorigiin Mandakhnaran's loss to Uzbekistan's Ikhtiyor Navruzov for a bronze medal

1 Strong finish — The host Brazilians ended off on a high winning gold in men's volleyball. They beat Italy 25-22, 28-26, 26-24 in the final.

2 Golden again — Middleweight Claressa Shields became the first American boxer of either gender to win two Olympic boxing gold medals when she beat Kazakhstan's Dariga Shakimova 3-0.

3 U.S. too strong — Kevin Durant poured in a game-high 30 points for the U.S. in a 96-66 victory over Serbia in the gold-medal game in men's basketball. The Americans finished with 46 gold medals and 121 overall.

4 Mountain man — Switzerland's Nino Schurter blew away the field in men's cross-country mountain biking. PHOTOS BY GETTY IMAGES

Going above and beyond their goals

RIO2016

Canada finishes 10th in total medals with 22

The Canadian medal haul is impressive, 22 in all, the most ever in a non-boycotted Olympics and more golds than any Games since 1992 in Barcelona, a total that exceeded the more optimistic of predictions.

But Canada's performance in Rio was more than that, it was the way the athletes handled themselves in victory and defeat, how they met the challenges that always arise, how they didn't succumb to the predictions of organizational horror.

How they were Canadian.

"We feel we did a really strong and successful job of having our athletes understand the environment they are coming into, to be respectful of the environment that they're in and complying and using common sense," chef de mission Curt Harnett said at a Games wrap-up news conference Sunday morning.

"It's all about the plan and what the COC does very well is plan and prepare."

All that planning and preparation allowed the athletes to put on a collective performance few saw coming.

Trampolinist Rosie MacLennan won one of Canada's four gold medals. DAVID RAMOS/GETTY IMAGES

Canada finished with 22 medals — four gold, three silver, 15 bronze — that, discounting the boycotted 1984 Los Angeles Games, matches the best-ever total from Atlanta in 1996.

There were Canadian and Olympic records set in the pool and on the track; there is every reason for Canadian Olympic Committee officials to laud the work of the men and women on the fields of play.

43

Canadian athletes came up with 43 top-five finishes.

"We knew Canada was going to be great but they crushed it," assistant chef de mission Carol Huynh said.

Canadian women won 16 of the 22 medals and Penny Oleksiak, the 16-year-old swimmer who won four of them, was named the flagbearer for Sunday's closing ceremony.

"Definitely on the camaraderie side of it, there was a little rib-jabbing from the women on the team, saying 'When are you guys going to step up?' but the support and the spirit within the village ... was really quite spectacular," Harnett said.

Canada's total put it 10th among countries via the COC mandate of total medals rather than being ranked by golds, surpassing their goal of a top-12 finish. TORSTAR NEWS SERVICE

Canucks draw inspiration from each other

Erica Wiebe was sitting in her hotel room in Buzios, Brazil — up far later than she should have been at a final wrestling training camp — watching the Canadian men's volleyball team play on late-night TV to draw a measure of inspiration.

Before he went into a two-day bubble to find the resolve to handle the unimaginable strain of the Olympic decathlon, Damian Warner closely followed the exploits of teenage swimming sensation Penny Oleksiak and drew an extra dose of confidence from her stunning performance.

There were basketball players following golfers, swimmers watching cyclists, rowers tracking rugby players, a mishmash of athletes coming together, a common bond developing in the most uncommon of circumstances.

To speak of a Canadian Olympic "team" is to stretch the meaning of the word to the limit: there is no assistance on the field of play, no way to provide strategic tips that turn regular performances into great ones.

But in its own unique way, it is truly a team: comforting, consoling, counselling, cheering, commiserating with each other — joyful in the successes, supportive in the defeats.

They may not all be in the same athletic realm, with the disciplines so different, but they are as one and it is in no small way part of the reason why Canada has had its most successful Summer Olympics in almost half a century.

"I remember sitting in my room and it's 10 o'clock, and the men's volleyball team was on the court and I could not turn off the TV," said Wiebe, the wrestling gold medallist. "Watching those guys lay it all on the line, their intensity and their passion, that's what sports is all about and it's what makes me so proud to be Canadian — and I knew that I had to go do that for Canada, too."

TORSTAR NEWS SERVICE

> **"Watching my fellow athletes race and run and play and wrestle that makes me feel proud to be Canadian.** Erica Wiebe

Loss stings for feisty Stroman

MLB

Cecil gives up two-run shot after relieving Jays righty

Marcus Stroman GETTY IMAGES

Marcus Stroman wanted to stay in the game after throwing his 100th pitch. Blue Jays manager John Gibbons didn't agree — and paid dearly for it.

Brett Cecil gave up a two-run homer to Jose Ramirez with two out in the eighth inning, allowing the Cleveland Indians to beat Toronto 3-2 in their series finale Sunday afternoon.

The Blue Jays maintained their one-half game lead over Boston in the AL East, but lost twice in their three-game showdown with AL Central-leading Cleveland.

Stroman worked 7-1/3 innings, striking out nine, and left with the bases empty and a 2-1 lead. Cecil entered and gave up a single to Francisco Lindor, followed by Ramirez's 384-foot shot onto the home run porch in left.

"I worked extremely hard to get my body ready to go seven to nine innings," the right-hander said flatly. "I felt good, but at the end of the day, we lost the game. It's extremely frustrating. I felt fine. I felt fine."

SUNDAY In Cleveland

3	2
INDIANS	BLUEJAYS

Cecil (1-7) exited the clubhouse and boarded the team bus without speaking to the media. The left-hander has allowed five homers in 26 1/3 innings and has a 5.13 ERA.

Gibbons was eager to explain why he removed Stroman, who has thrown more than 100 pitches eight times this season and has a 9-5 record.

"I thought Stroman was great, he did everything right today," Gibbons said. "I just figured with (lefty Jason) Kipnis coming up, we could use it to our advantage and also swing their next couple of guys around at the plate. They got the best of us."

THE ASSOCIATED PRESS

PREMIER LEAGUE WEST HAM OPEN NEW STADIUM WITH WIN

Michail Antonio is mobbed by his West Ham teammates after scoring against Bournemouth on Sunday. Bournemouth was left a man short by Harry Arter's sending-off in the 77th, and West Ham took advantage when Antonio met a left-wing cross by Gokhan Tore with a header at the far post. MICHAEL REGAN/GETTY IMAGES

IN BRIEF

Korean Kim wins Wyndham

Si Woo Kim won the Wyndham Championship by five strokes Sunday for his first PGA Tour title.

The 21-year-old South Korean closed with a 3-under 67 to finish at 21-under 259.

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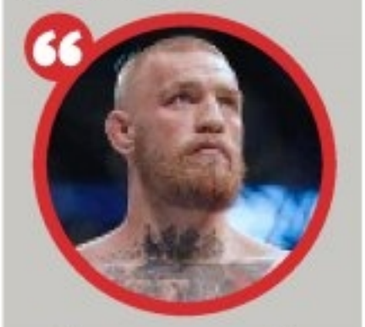

If you want this trilogy, it's on my terms. I came up to 170, now you'll come back to 155 and we'll finish what we've started.

Conor McGregor evened the score in his rivalry with Nate Diaz by outpointing him Saturday night at UFC 202.

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RECIPE Chicken Paillard with Basil Avocado Salsa

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

What do you make in a heat wave? Dinner salads like this that are short on cooking time but long on flavour.

Ready 20
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocadoes, diced
- 2 tsps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (**Or** you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

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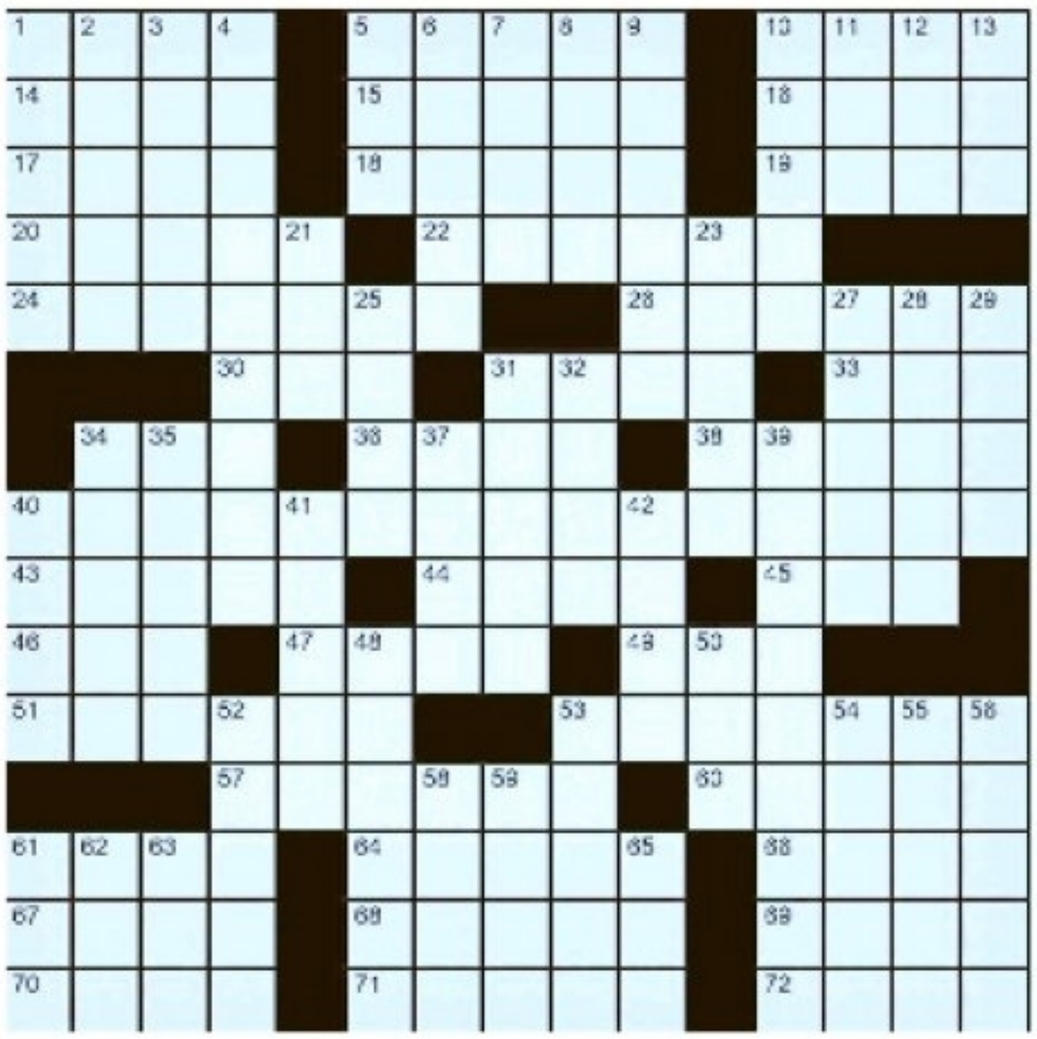
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__, Can You Hear Me?" by Barbra Streisand
5. Arf! __ Apso
10. Bonfire bit
14. Pronto! to a CEO
15. Boring tool
16. Go backpacking
17. Giddy-up helper
18. Band Eric Clapton once was in
19. Particular
20. Cylindrical crops-containing country constructions
22. Acting do-over
24. New$ $tory, The __
26. Skims, as soup
30. __ generis (Unique, in Latin)
31. Chunk
33. US state
34. Mai __ (Cocktail)
36. Design style, Art __
38. Hawk's home
40. "Rich Girl$" Canadian band: 3 wds.
43. Not napping
44. Souls: French
45. Smidgen
46. Ms. Streep, to pals
47. Hope of US soccer
49. "Where the Boys __" by Connie Francis
51. "__ Little Liars"
53. Defended, as a castle
57. Take to be true
60. Topic
61. Car rental company
64. Verity
66. Barbera d'__ (Wine of Piedmont, Italy)
67. Great __ Valley
68. "Doctor Dolittle" (1967) star Samantha
69. Mount __ (Site of King David's Tomb in Jerusalem)
70. Lawyer's undertaking
71. Respites
72. Goes off course

DOWN
1. Out of style
2. Savoury gelatin
3. Brazil's Sao __
4. Feature in a farmhouse-style kitchen: 2 wds.
5. Quebec locale, __-Beauport
6. Go about things quickly
7. James __ (Pulitzer-winning writer)
8. Chair
9. The Spanish __
10. Crook
11. Drollness
12. White House nickname
13. Bit of bling
21. Q. "__ is the alphabet's 21st letter then?" A. "Correct."
23. Shish __ (BBQ sizzler)
25. Skirt length
27. Left ventricle tube
28. __ and true (Reliable)
29. Visionary
31. Chump
32. Actor Chad
34. Calgary __ (Downtown Calgary attraction)
35. Mindful
37. And others [abbr.]: 2 wds.
39. Town in southeastern Saskatchewan
40. Rather wet
41. Kanye, Mae and Adam
42. Isaac's older son
48. Pearl source
50. City creature
52. Flavour
53. Bug: 2 wds.
54. Nora Ephron's writer sister
55. Curve
56. University bigwigs
58. Press
59. Java cups
61. Joan of __
62. Train name in Canada
63. Perhapses
65. Time units, briefly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next four weeks, you want to get organized! Your priority is to be efficient, effective and productive!

Taurus April 21 - May 21
Lucky you! The next four weeks are full of opportunities to enjoy sports events, vacations, parties, playful activities with children and romantic adventure.

Gemini May 22 - June 21
Home, family and your private life will be your primary focus in the next month. Continue with repairs and redecorating projects.

Cancer June 22 - July 23
Your daily pace will accelerate for the next four weeks because your agenda is busy. Short trips, errands, conversations with many people and increased reading and writing are just some reasons.

Leo July 24 - Aug. 23
Now your attention turns to money, earnings and possessions. Listen to your creative side about money-making ideas in the next few weeks.

Virgo Aug. 24 - Sept. 23
Today the Sun enters your sign, where it will stay for the next four weeks attracting people and positive situations to you. It's your turn to re-energize and restore yourself.

Libra Sept. 24 - Oct. 23
Use the next few weeks to start to plan what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines. What's to lose?

Scorpio Oct. 24 - Nov. 22
Everyone wants you on his or her team in the next four weeks, which is why your popularity will increase. Enjoy schmoozing with others.

Sagittarius Nov. 23 - Dec. 21
For the next four weeks, the Sun is at the top of your chart. This is the only time all year this occurs, and it makes you high-viz with everyone, especially bosses and VIPs.

Capricorn Dec. 22 - Jan. 20
Travel if you can in the next few weeks, because you want to push the boundaries of your world. You want more out of life.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and inheritances are a strong focus for you in the next few weeks. Tie up loose details, because things will go in your favour.

Pisces
Feb. 20 - March 20
For the next four weeks, the Sun is opposite your sign, giving you a chance to get a better handle on your style of relating to those who are closest to you. Use this to learn something valuable.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9		2		8		
3								5

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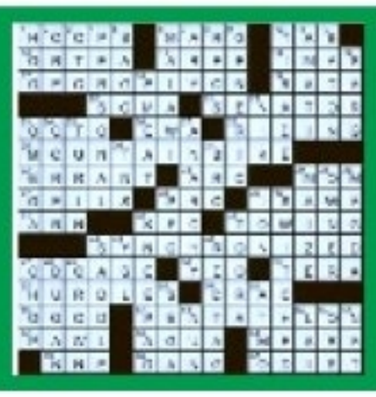

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4	7	8	1	6	3	5	9	2
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